Chichester Herald

Friday 20 September 2013
YOUR FREE WEEKLY NEWSPAPER

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Chichester's Got Talent

>> *Dance crew do themselves proud in finals of World Championships*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

A GROUP of young dancers have put Chichester on the map after making the finals of an international dance tournament South Coast Crew, choreographed and lead by Lee Sargeant, made it through to the final day of the competition beating off many other countries at the World Championships in Scotland

The UDO World Streetdance Championships 2013 was held in Glasgow at the end of August at the SECC Exhibition Centre. It was open for all teams, solos, duos, and quads that had qualified in the previous year at qualifying events held all over the UK, Scotland, Ireland and also in other countries such as Canada, South Africa, North America, Asia and Europe. These qualifying entrants then competed against each other creating a competition of the best of the best held in Glasgow.

Lee Sargeant's crew consisted of children and young adults from the Chichester and Bognor area and included Megan Ward, Megan Kelly, Harry Dunster, Immie Hartley, Shannon Moulland, Rhys Bradley, Izzy and Lauren Ware, Elise Donoghue, and Jess Broadbridge - all ranging from 10 years up to 20 years of age

Lee was delighted with how the weekend went. "The group did really well and although they did not come home with any medals they danced in the first round against another 25 teams in their category and then made it through to the final 12," he said. "They then danced again in the final the next day but unfortunately they did not place in the medals but this was only their third competition overall so...

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Lee Sargeant (yellow centre) with his dance crew

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Local News

Chichester's Got Talent

Lee Sargeant (front row, centre) with his dance crew

Continued from page 1

—with that in mind, and the amount of people they performed in front of, I was a very proud teacher and, with more competitions under our belt, it will make us stronger for what's to come."

Lee added: "The weekend on the whole was brilliant, such a good experience for the kids and anyone else that attended. So much inspiration for them and for me, we got to see lots of great dancers and see some well-known faces in the dance industry perform and judge. As well as this in the same venue was the launch of the Dance Show Live which had performances from acts that have made the finals in 'Britain's Got talent' and Sky one's 'Got To Dance'. Anywhere you looked there were people dancing, practicing and competing so overall it was not only great but made us hungrier for next year."

Lee is positive about the future and says they are busy planning ahead for another competition next month. "At the moment we are getting ready and learning a new routine for a UDO competition in October in Portsmouth which gives us a chance for next year's World Championships. There will also be a couple of competitions between now and next August along with some performances but my aim is after next year's world Championships to let the crew go for both 'Britain's got talent' and Sky One's 'Got to Dance'. Then after that who knows the skies the limit as they say."

Tributes flow for Patrick Garland at CFT

A THANKSGIVING service was held in Chichester Cathedral on Monday in memory of Patrick Garland, former artistic director of the Chichester Festival Theatre. Guests included Simon Callow, Alan Bennett, Chichester-based Patricia Routledge and Eileen Atkins.

Garland's widow and former actress and model, Alexandra Bastedo, recalled: "We were married here in this magnificent cathedral 33 years ago."

Actor Simon Callow added: "Patrick Garland was a man of extraordinary cultivation and accomplishment, as poet, biographer, adaptor, director, producer, artistic director, interviewer and master of ceremonies."

Pa[illegible]

"At one time he had four plays running in the West End. He also helmed great public occasions such as the investiture of the Prince of Wales at Caernarvon Castle and the funeral of Sir Laurence Olivier."

Chichester named among best sport universities in UK

THE UNIVERSITY OF CHICHESTER has been voted among the best for sport in the UK.

It follows a poll carried out by consumer group Which University of more than 17,000 students from across the country.

The ratings, taken from undergraduates in 2013 and 2012, named Chichester alongside institutions well known for their sport including Loughborough and Bath.

Dr Mike Lauder, Head of Sport and Exercise Sciences at the University, said: "We are extremely pleased to have been recognised for the outstanding experience our students have for recreational, performance and academic sport."

As part of the poll, students were asked whether sport was a large part of university life, and if each had a wide range of teams open to those of all levels.

Sports Therapy undergraduate Adam Harrison said: "It was an easy decision for me to study at Chichester.

"The chance to participate in sports and other activities at the University enables you to really enjoy your time here as well as the studying."

Chichester has, during the last three years, invested millions of pounds on improving its facilities, which has included a new sport therapy rehabilitation unit, laboratories, and running track.

Dr Sarah Gilroy, Deputy Vice-Chancellor (Academic) and former England hockey coach added: "To appear among the top universities in a national survey reflects the commitment of our staff, the investment we have made in facilities, our partnership with the Students' Union, as well as our Sport England-backed GetActive programme that has increased the sports participation of our students."

Anorak Corner

Did you know? A taster of Chichester facts and figures...

The original Roman city wall was even [illegible] metres high with a steep ditch [illegible] which was later used to divert the [illegible]. Lavered by its survivi[illegible] over one and a half thousand years, [illegible] was then replaced by a thinner Georgian wall

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@MrStephenSumner
"The train from London to Chichester takes longer than my flight to Sweden!! #noprogress"

@InspWillRolls
"A conversation that never happened. 'I say Chichester, lets have a yacht race?' 'No chance old chap it's too windy in the bay'"

@seefromhere
"Delighted to be part of #KingLear with Frank Langella going to Chichester & New York"

@AdamPlayford91
"Not sure many people can say they've seen @RufusHound in his pants carrying a dead bird!! Great show #NevilleIsland #Chichester"

@muffinmum
"there are some lovely beaches down Chichester way with sand and everything!"

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Nice to see you, to see you... Nice!

Tommy Boyd
Legendary TV

BICYCLE POWER
Spain has become the first country in modern history where bike sales outstrip car sales. It's partly the recess on partly that bikes are cool

ODE TO AUTUMN
Season of mists and crossing of fingers when firing up the central heating

CHICHESTER BIKES
I cycle not dressed in Tour de France silks I cycle to get from A to B. Am confused about the green cycle lanes that are springing up on our roads round here. They are of varying width and frequently disappear then re appear further up the road

DRUNK TANKS
We don't have much of a problem with mass binge drinkers in Chichester I'm not saying you don't see it sometimes but it's thin on the ground compared to many other cities The latest idea is to round them up and stick them in specially built privately run units and then make them pay when they want to get out a bit like how it is at Southampton home matches

ROAD TAX
The time has come to tax cyclists who cycle for no reason The peletons with their enlarged calves They are a danger they create enormous amounts of greenhouse gases, and they are not saving petrol because they are just joy ind ng If we imposed a £10 road tax on all meaningless cycling we could build enough hospitals to cope with the explosion in varicose veins which s just around the corner

GRUMPY
Did you feel irritable on Wednesday? Everyone I spoke to was irritable as was I. Change of weather? Full moon?

DINOSAUR EXTINCTION
No-one knows why the dinosaurs died out. A meteor or d d they create excess methane (by farting) The theory that came out this week is a cross-spec es virus My theory is it was just another Wednesday! In September and they all got fed up and just said blow this for a game of soldiers

PROF BRIAN COX
He says that time travel is possible but only into the future This is excellent news for lefties who believe in the future as against true blues who want a return to prison ships and rickets Also Dr Who is boring when they go back to Victorian times or Marco Polo

BRUCE FORSYTHE DAY
I know this is a bit random, but I'm bored with Red Nose day Bruce Forsythe has brought more meaningless happiness to the nation than anybody and he should feel the love before it's too late Let's have "Bruce Forsythe Day" where everyone has to say 'Alright my love" and" Nice to see you, to see you Nice " all morning, and do the Hercules silhouette thing. You get fined 50p for Oxfam if you don't. See I bet you smiled thinking about your family doing Bruce impressions in the kitchen

JOKE
Joke from child
A little boy at school asked his teacher if he could go to the toilet The teacher sa d you have to do you're Alphabet first The boy began "ABCDEFGHIJKLMNO" Then he continued "QRSTUVWXYZ"
Afterwards the teacher said – ' Where's your P!" 'Running down my leg miss" he replied

Let us know what you think
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Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **300 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick up point areas and businesses delivered to include
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TALK

Date: Thursday 3 October
Time: 7pm
Place: Nuffield Health Chichester Hospital,
7B Broyle Road, Chichester,
West Sussex, PO19 6WB

MEET THE SURGEON ONE TO ONE

Date: Saturday 5 October
Time: 9-11am
Place: Nuffield Health Chichester Hospital,
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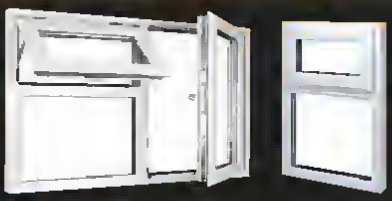

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Ex-police officer fined for breaching Data Protection Act

A 25-YEAR-OLD man has been convicted of illegally accessing Sussex Police computers to get information on members of the public.

Thomas Grant of Stroud Green Drive, Bognor Regis, was a PC based at Bognor Regis Police Station at the time and after being arrested was suspended from duty. He was arrested in March after an investigation by officers from the force's Professional Standards Department into the misuse of Sussex Police computer systems.

He had been using the systems to research the details of several personal acquaintances in Bognor Regis.

Grant resigned from the force at the beginning of September prior to his trial.

Grant pleaded guilty at Brighton Magistrates' Court on Tuesday 17 September to an offence of breaching the Data Protection Act. He was fined £800.

Detective Sergeant Niall Moloney said: "The misuse of force computers or systems by either officers or staff for anything other than a policing purpose is totally unacceptable and is not tolerated by Sussex Police.

"Any allegation of this kind is investigated thoroughly.

"Members of the public can be assured that their details are safe with us. Anyone who attempts to undermine that confidence will be dealt with swiftly and robustly."

Drivers hurt in accident

A SERIOUS collision blocked the carriageway at the Bognor Bridge roundabout this week causing huge problems on the outskirts of Chichester. Emergency services were called at 7.20am on Tuesday 17 September to a collision between two vans. Both drivers suffered serious, but not believed to be life threatening, injuries.

One driver was taken to St Richard's Hospital while the other was moved to the Royal Sussex Hospital in Brighton.

Teenager robbed for his motorbike

POLICE are appealing for witnesses after a teenager was attacked for his motorbike.

The 17-year-old victim was riding his Masia KL pit bike in Silverston Avenue, Bognor Regis, when he was approached by a man on the afternoon of Thursday 12 September.

The offender demanded the teenager hand over the keys to the bike and then struck him with a weapon. He took the keys to the bike and walked off with the vehicle and the teenager's black helmet.

The victim suffered bruising and swelling to one of his legs and a cut to one of his hands.

Detective Constable Della Squires said: "I am keen to speak to anyone who was in the area at the time and may have seen or heard the robbery.

"They may not have realised what was taking place was a robbery and could have important information about what happened but may not know it.

"I'd also like to speak to anyone who may have been offered the chance to buy the red pit bike."

An 18-year-old man from Bognor Regis was arrested on suspicion of robbery. He was questioned before being released on bail until Friday 11 October.

Anyone with information should call 101 quoting serial 1210 of 12 September or the independent charity Crimestoppers anonymously on 0800 555111.

Reminder to dog owners after sheep attack

POLICE are reminding dog owners and walkers to keep their dogs under control after two sheep were attacked in Slindon.

On Wednesday, 11 September, police were called when two sheep were injured and required treatment.

PC Steve Self said: "Thankfully the owner left their contact details at the location and was traced. It appears that the dog ran off from the owner and was missing for a considerable amount of time and was then found by another member of the public who managed to tie the dog up.

"Dog owners have a responsibility to keep their dogs under control and this incident should act as a reminder as to why there is legislation in place. Losing livestock can have a huge emotional and financial affect on farmers. Landowners also have the right as a last resort to destroy any dog worrying livestock so owners are also putting their pets at risk. Sussex Police and land owners do not want to discourage members of the public from enjoying the countryside but we do want to remind dog owners of their responsibility."

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Reaching Rio success

Virtual dream: The challenge encouraged teams to convert exercise into miles

A WORKPLACE challenge encouraging teams to 'travel' to Rio resulted in more than 8 million calories being burned.

Reaching Rio ran from the start of April to the end of June and was open to West Sussex workplaces. The challenge encouraged teams to take up physical activity and converted exercise into miles to take teams on a virtual journey from London to Rio, as the next Olympic city. Logging activity on the Reaching Rio website, from walking to football or dance to swimming, saw teams progress along the route on an interactive map.

Over the course of the challenge:

- 341 people took part with 110 teams
- 17,468 activities were logged
- 971,439 miles were travelled between London and Rio
- 9,003 hours and six minutes of physical activity were logged
- In total 8,303,422 calories were burned

The West Sussex Health and Wellbeing Board backed the challenge. Chairman Louise Goldsmith said: "Reaching Rio was fun to do and engaged a lot of teams, encouraging people to take up more physical activity to get fitter and healthier. We've had very good feedback from participants and I'm pleased to say we'll be launching a new challenge next year, so please watch this space."

Teams wanting to sign up ready for the 2014 challenge can do so via the website at www.reachingrio.org.

People who do regular physical activity have a lower risk of many chronic diseases, such as heart disease, Type 2 diabetes, strokes and some cancers. It can also boost self-esteem and mood, as well as reduce the risk of stress, depression and dementia.

It's recommended that adults aim to achieve 150 minutes per week of moderate intensity physical activity. Reaching Rio not only encouraged people to be active, but also to take up new sports and activities.

Comments from participants included:

- Certainly had more fun with my team in the office, it has created a good feeling and helped to get to know my colleagues a little better.
- I loved it and I did everything I set out to do. It helped having a challenge and I have improved my fitness, lost some weight and increased my participation in exercise.
- We enjoyed the challenge and found ways to increase our activity around our daily routine. I have walked to more appointments and tried out some new classes. We have signed up to try new activities throughout the Rio challenge and still have some of these to go as we didn't expect to finish so soon. Looking forward to the next challenge.

In a closing survey, 97 per cent of 120 respondents said they had increased the physical activity they do as a result of Reaching Rio.

Louise added: "Reaching Rio was very well received and a good, fun challenge. But you don't have to wait until next year for the next one, we can all enjoy a healthier lifestyle by being more physically active, so why not embark on your own challenge now to take up a new sport, walk more, or any other physical activity that you might not normally do?"

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University extends Fairtrade status

THE UNIVERSITY OF CHICHESTER will be helping to fight poverty for at least another two years after its Fairtrade status was extended.

Students and staff have been working towards the award by raising awareness of the foundation, which aims to improve working conditions for farmers and labourers in developing countries.

The University was first granted the status in 2009, before it was renewed in 2011, due to its commitment to selling Fairtrade food, drinks and clothing in its on-campus shops.

Deputy Vice-Chancellor Ian Child said: "It is important we raise awareness of Fairtrade to ensure a better future for producers in the developing world.

"Thousands of students and staff pass through our doors every year and each one is a potential ambassador to go out and spread the word about the Foundation."

Its newly-extended status marks a successful month for the University, which was also ranked among the top eco-friendly institutions in the country by the People and Planet Green League.

The group, which assesses each university's environmental and ethical impact every year, gave special mention to staff and students' from Chichester due to their participation with the foundation.

Selsey residents told: It's in your hands

SELSEY residents are invited to give their opinions on the local Selsey Neighbourhood Plan, which aims to put the development of Selsey back in residents' hands, during the public consultations that take place from 25 September until 31 October.

If found to be 'sound' and adopted by referendum by the people of Selsey, the neighbourhood plan becomes a local form of planning guidance which would be used as material consideration in planning decisions. Whilst it still has to fit within national and regional policy, the neighbourhood plan will help to determine where any further development goes, what it looks like and more importantly what it does to improve the community and mitigate its own impact. Simply saying no to further development will not be a sound outcome of the plan and actually it needs to do more than address housing. The plan also looks at infrastructure, design, environment and leisure facilities in the town - for the next 15 years.

Chair of Planning, Ben Cooper, said: "For around 18 months, the Town Council and other partners have been working on a draft Neighbourhood Plan for Selsey. For many years, the local feeling has been that development has 'happened to us' or been forced upon us and the Neighbourhood plan will seek to address this and provide a greater local say in planning matters of the future."

To become policy, the plan will have to go to referendum which, it is hoped, will take place in early 2014. During the consultation period, therefore, Selsey Town Council are keen for people to come and see the plan, talk to the people that have put it together and tell the team what else they would like to see included and what they don't like about the ideas that have been put forward.

The draft plan is available to view now on the Selsey Town Council website www.selseytowncouncil.gov.uk and the Town Council will be running an information roadshow bus at key locations in and around Selsey at the end of September. With copies of the plan on board and large scale images of some of the ideas being proposed, the roadshow gives residents a chance to find out more, ask council representatives any questions they may have and put their own ideas and thoughts across.

The locations of the information roadshow bus are as follows:

- Wednesday 25th September 16.00 – 17.15 East Beach Shops
- Wednesday 25th September 17.45 – 19.00 Lifeboat Way
- Thursday 26th September 16.00 – 19.00 Old Farm Road
- Friday 27th September 16.00 – 19.00 Hillfield Road Car Park
- Saturday 28th September 09.00 – 11.30 Budgens Car Park
- Saturday 28th September 12.00 – 15.00 The Selsey Centre

The open consultation period will run until 31st October 2013. To submit comments, please visit the bus on one of these roadshow dates or write to the Neighbourhood Plan working group c/o Selsey Town Council, 53 High Street, Selsey.

Chichester Festival Theatre celebrates topping out

CHICHESTER Festival Theatre reached a significant milestone in its RENEW redevelopment project with a 'topping out' ceremony on Friday 13 September, joined by the Neville's Island cast.

Ade Edmondson, who plays Gordon in the Festival 2013 production currently playing at Theatre in the Park, christened the scene dock wall in the backstage area of the Festival Theatre. He was joined by fellow actors Rufus Hound and Tim McMullan at the ceremony, as well as staff from the Festival Theatre and Osborne, the main building contractors for the RENEW project.

'Topping out' is a traditional building ceremony that takes place when a project reaches the highest point of a build, or the laying of the final brick.

Tim McMullan, Rufus Hound and Ade Edmondson on Neville's Island (Photo: Pete Langdown)

Alan Finch, Executive Director for Chichester Festival Theatre, said: "We are delighted to reach this landmark in the redevelopment, which is testimony to the hard work and commitment of Osborne, who have worked tirelessly during the last year. We look forward to welcoming our audiences back to the Festival Theatre next year, so that they can benefit from the significant improvements being made.

"It's wonderful to have come this far and we greatly appreciate the support received from the local community. However we still need to raise £600,000 to complete the redevelopment in time for Festival 2014 and would urge anyone who is yet to make a donate to consider doing so."

Andrew Osborne, the Chairman of Osborne, said: "My first experience of theatre was being taken to Chichester Festival Theatre by my parents, an event I have happily repeated with my own children. We are delighted and privileged to help renew and revitalise this unique and iconic building."

The £22 million redevelopment, which began in October 2012, incorporates essential repairs to the Grade II* listed Festival Theatre, a new extension, increased seating capacity, improved access and public facilities, improved backstage facilities and changes to make the building more energy efficient.

Secrets of royal visit to Chichester are revealed

A TALK will reveal the story of Elizabeth I's first visit to the Chichester District.

The monarch visited Cowdray House at Midhurst in the summer of 1591. It was part of a tour of West Sussex and Hampshire.

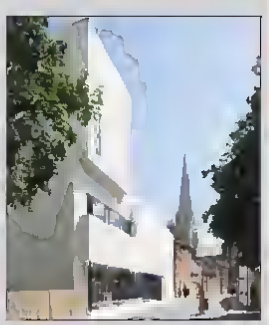
Caroline Adams of West Sussex County Record Office will reveal how exciting and significant the visit was to the area. Using original sources, she will piece together Elizabeth's visit to Chichester.

The talk will explore her motives and the impact the visit had on the gentry and local residents.

Archive Afternoon: Elizabeth I is on Friday 27September from 2–3.30pm at The Novium, Tower Street, Chichester.

Tickets cost £5 for adults and £4 for concessions. Pre-booking is essential.

For information on upcoming events at The Novium call 01243 775888, email thenovium@chichester.gov.uk or visit www.thenovium.org.



Sign up and follow The Novium on Facebook (www.facebook.com/TheNovium) and Twitter (www.twitter.com/thenovium).

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Crime in Sussex significantly reduced by integrated offender management

INDEPENDENT research, commissioned by the Sussex Criminal Justice Board (SCJB), demonstrates the benefits of integrating the work of agencies to provide a high level of monitoring, supervision and support to offenders. Over a two year period, the proportion of offenders re-convicted was reduced by 57per cent and the frequency reduced by 09 per cent 2. In consequence, this also reduces the number of people who are likely to be victims of crime.

Sussex Criminal Justice Board commissioned researchers at Sheffield Hallam University to assess the impact of Integrated Offender Management (IOM) on reconviction rates in Sussex over the first two years of its existence.

Led by Surrey & Sussex Probation Trust, Sussex Police, West Sussex County Council, East Sussex County Council and Brighton & Hove City Council, IOM brings together a number of agencies to target offender groups who commit the highest volume of crime. IOM involves the co-location of police and probation staff who together provide an intense level of monitoring, supervision and support to offenders. A range of other professionals, including health staff specializing in drugs and alcohol, careers advisors, mentoring staff and women's services, provide advice to offenders on employment, education, health and housing.

Sheffield Hallam University compared reconviction data for 24 months before and after IOM units came fully operational in October 2010. Their analysis found a 57per cent reduction in the proportion of offenders reconvicted and a 09 per cent reduction in frequency 2. The research also showed that, over two years, for each £1 spent on IOM in Sussex, there is a saving for the Criminal Justice System of £1.78. Wider benefits to society include the positive impact on reducing the number of people affected by crime and people who were previously offenders changing their lifestyles and being gainfully engaged in society, through for example, employment.

Nick Smart, Chair of the Sussex Criminal Justice Board said: "This research demonstrates the massive impact that organisations can make working together to reduce the number of crimes and number of victims. Working with partner agencies we have closely monitored priority and prolific offenders and provided a high level of supervision as well as support to help them build a life away from crime. In addition to reducing crime rates and the number of victims, the Integrated Offender Management approach makes sense in financial terms in reducing the costs to society."

Case study: Scott, 32, had a long history of alcohol and drug use together with associated criminal activity. He was identified as a persistent and prolific offender in Arun and Chichester in 2011. Scott then appeared at Lewes Crown Court in late 2012 for domestic burglary offences and was given a suspended sentence with a requirement to undertake a drug rehabilitation order. Scott attended a treatment programme at Worthing Addaction, which included one-to-one key-work, three meetings a week and twice weekly drug tests. As well as attending this programme, Scott was closely monitored by police and probation staff to ensure he was not re-offending.

Scott completed the programme successfully and has managed to stay off drugs and alcohol. Since early 2013, he has been living in residential rehabilitation centres run by Stonepillow, is taking English classes and has recently started a college course.

Scott's drug rehabilitation requirement was revoked in September 2013. Scott's success in turning his life around has been due to his own hard work and persistence as well as the integrated working of the agencies that supported him.

Members of the Sussex Criminal Justice Board include Surrey & Sussex Probation Trust, Sussex Police, West Sussex County Council, East Sussex County Council, Brighton & Hove City Council, Surrey & Sussex Victim Support, HM Prison Service, HM Courts & Tribunals Service, Crown Prosecution Service, Sussex Partnership NHS Foundation Trust, Sussex Youth Offending Services.

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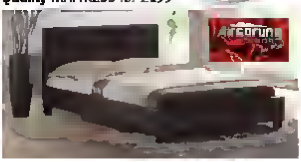

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Local "Mumpreneur" reaches finals of national business awards

LOCAL MUM and entrepreneur Nicole Phillips, has earned herself a place in the final line-up of The Mumpreneur Awards, an annual ceremony aimed at celebrating parents throughout the UK who manage the difficult task of juggling business with family life. The mother of three from Midhurst, West Sussex, runs Nicole Phillips England, an online textile design company featuring stunning and quirky hand-painted designs printed on home furnishings and accessories.

Nicole has been shortlisted for the Best Mumpreneur Product Award, which is open to businesses who physically work closely with clients, where interacting is an integral part of the job. Having launched Nicole Phillips England in March 2013, she has had a busy first year involving the creation of over 60 products, attending various national fayres, building the website plus working on promotion both in the UK and internationally. Nicole hopes she has what it takes to walk away with the prize.

As well as being shortlisted for this category, Nicole is also in with a chance of winning the title of The Inspirational Business Mum 2013, sponsored by The Formations Company, which will be awarded to the mum who is an inspiration to all women in business, and could walk away with a fantastic prize.

Having reached the finals of The Mumpreneur Awards, Nicole said: "I am delighted to have been recognised for my achievements in painting and designing eye-catching and beautiful products for the home. It is wonderful simply to be short-listed and would be a bonus if I were to win."

Judging Nicole's entry will be a panel of top entrepreneurs including former Dragon and Mumpreneur Hilary Devey, but she'll have to wait until 28th September, when the winners will be announced at The Mumpreneur Conference and Awards, being held at the Holiday Inn.

This event is open to all parents who juggle family and business, and also for those interested in taking the plunge and starting up a business. Ticket prices start at just £45 and can be purchased through the Mumpreneur UK website, where you'll find a whole range of resources and information for business mums www.mumpreneuruk.com.

To find out more about Nicole Phillips England, please visit Nicole's website www.nicolephillipsengland.com.

Vintage and Very Nice Wedding Bazaar

Saturday 28th September 10 til 4
The Assembly Rooms, North Street, Chichester PO19 1LQ

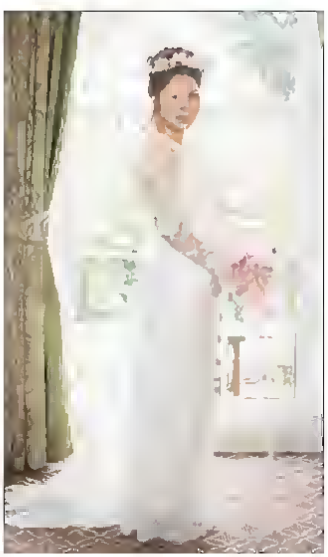
The well-established Vintage and Very Nice Market Bazaar is pleased to announce their first Wedding Bazaar taking place in the heart of Chichester, the first of its kind in the city.

For your commitment celebration they have lots of exhibitors to give ideas and inspiration as well as lots of shopping opportunities.

The Bazaar will be held in the stunning 18th century Assembly Rooms in the Council House, a grade II listed building in North Street where you can get married, and the ceremony room will be open for viewing on the day.

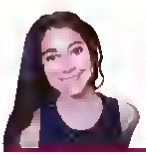
Over 25 exhibitors will be making an appearance including wedding fashions for brides and grooms, dress designers, stationery, flowers, cakes, photographers, gifts and lots of food tasting as well as a special pop up tea parlour. And is that the bell on an ice cream trike I hear?

But it is not just for weddings, with our exhibitors if you are planning a big occasion be it a birthday, naming day or christening then they can help.



Free entry from 10 'til 4 on Saturday 28th September for further information please visit their website www.vintageandverynice.co.uk

Happy Birthday to Me



Mia Edwards

BY THE TIME you read this, I'll be 16. Right now it's still a good day away, but it is coming. I fricking love my birthday. It's the day of the year that I become very, VERY assertive. If anyone does anyone annoying I shoot them down, mainly because I feel it is selfish of them to ruin my day. It is MY day. NOT YOURS, so kindly go annoy someone else.

Obviously that is a bit of an exaggeration. This year it's also the day of an English mock, school photos, a council meeting in Rome and I'm sure a million other unimportant things. Let's not sit and wallow in self-pity though, just remember that I am rejoicing in my bed of presents and you are not, and I'm sure you'll feel much better.

The thing with birthdays is that to the person who's having them they're the best time ever, and to everyone else they really, REALLY aren't. You have to accept that for that day, said Birthdayer can get whatever they want, say whatever they want and do pretty much – you guessed it – whatever they want. You have to be merry for them even though in truth you ain't really that fussed. You have to watch them smugly unwrap layers of presents, and toss paper aside in a way that says 'bygone peasant, right next one please.asse' and last but not least, you have to write happy birthday on their Facebook wall (this is harder than it sounds because you have assess how close you are with them which determines how many kisses you write on the end so you don't sound too keen. Then you have to decide whether or not to add a cheeky inside joke to cheer them on. It's v. intense).

I always feel bad and incredibly awkward when people sing happy birthday to me too. Do you make eye contact with anyone? Do you smile into your lap or does that look too creepy and ungrateful? Do you sing along with them or is that a very needy act? I just do not know. And what if by, by some horrific turn of events, you don't blow out all the candles?

At least, at the end of the long and perilous birthday journey, there is the award of cake and piles of prezzies that you may never touch.

We can put a man on the moon but a lavatory on the train is out of the question

Allis Moss

ON THE CASE

THE BLINDS were pulled down on all the serving hatches with a tell tale rim of light around the edges. Someone was still there or had only just departed. Tapping on the glass with a speculative "hello" into the microphone summoned up a man's disembodied voice, but the ticket office was shut fast to this lonely traveller. Only the howl of a marauding werewolf terrorising villagers out on the Downs around Lavant or an unearthly fog, blowing in with the chink of spectral chains from Dell Quay was missing. It was neither the twilight zone nor witching hour, but 1.30 on a Tuesday afternoon and the ticket office at Chichester railway station was all cashed up. Why? The new ticket vending machine can't exchange tickets, as I needed. Looks as if Southern is paring back staffing levels to the minimum, not replacing those who leave. That means if someone is sick there's no cover, like those absurd announcements apologising for delays caused by there being no driver. Daft. One of the best things about the company is its staff.

Caught short

And while I'm having a whinge, why are there no toilets on most of the Coastway trains that run the 50 miles from Portsmouth to Brighton? They have pretty pictures on the train exterior, but no amount of smoke and mirrors can hide the lack of facilities. Is it some law of nature that you only need the toilet if you're travelling north or south? Southern says most of us only travel part of the way. Their website is priceless, "If you are travelling from Brighton to Portsmouth or will be on a train and are likely to need a toilet there are various options." One way it seems is to make sure you only get a London train and check the timetable to find services without an inverted triangle above it. So we're expected to catch a train to the wrong place, hunt for geometric symbols and plan it all in advance, are we? Maybe we should book a wee on the web? Southern apparently got caught short with old rolling stock, the class 313. How difficult can it be to install a loo-loo on a choo-choo? If we can send a probe on its way to Proxima Centauri, we surely have the technology to install a lavatory on the 10.25 to Portslade. Speaking of which, if commercial space travel ever becomes a reality—Sir Bob Geldoff's for the off—let's not give the franchise to Southern. It isn't a stopping service and if it's NASA's old rolling stock there won't be a toilet aboard.

Coffee cat

Coffee made from a bean excreted with the turds of civet cats has been selling in posh shops for £60 a pop. Anyone paying that for drinking such a revolting brew deserves all they get and to be aboard a 313 when it happens. Worse, the lure of this fragrant pick-me-up is that the cats are wild. Except that they aren't. They are battery civet cats cooped up in cages on farms in Indonesia.

Tribute to Daniel

Looking at the news this week, I would like to pay tribute to tiny Daniel Pelka. The four-year-old was murdered by his mother and stepfather at their family home in Coventry after they beat and starved him to death. I keep hearing it said that there was a breakdown in the sharing of vital information that could have prevented this outrage. Since when did it take multiple

agencies to work out something was wrong if a child has bruises all over his body and is rooting around in the bins at school for food? One person with an ounce of humanity and compassion should be enough. But then, after that, any information is only as good as whichever professional you pass it on to and the system in which they operate. And clearly ours is not fit for purpose.

Imposter

I phoned up to pay my gas and electricity bills—always sent by the company in separate envelopes. The call centre rigorously took me through an identification process before they would let me pay. If an imposter wants to pay my bill, they're welcome!

Contact Allis at:
allis.moss@chichester herald.co.uk

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Goodwood glory for All That Malarkey

GOODWOOD House provided the wonderful setting for a champagne reception and concert performed by All That Malarkey in aid West Sussex charity the Aldingbourne Trust. The audience was spectacularly entertained by All That Malarkey performing their Edinburgh Festival sell-out show.

All That Malarkey are a brilliant group of musicians who are setting out on their careers having recently graduated from the Welsh Royal College of Music. They already have a following with some guests seeing them for the first time in Edinburgh and then contacting the Aldingbourne Trust so that they could see them again at Goodwood House.

"We were so pleased to have the opportunity to see the group again - they are so exciting to watch," commented one of their supporters.

Andrew Pickthall, who is supported by the Aldingbourne Trust, was the official photographer on the night. His fabulous photos can be seen on his Facebook page Andrew Pickthall Photographer. Andrew works at the Aldingbourne Country Centre four days a week, he was really pleased to be part of the successful evening at Goodwood and add to his already impressive portfolio: "I loved it, the concert was great and photographing the musicians and guests was lovely. I greatly enjoy photography and this was the first concert I have taken pictures of."

The Aldingbourne Trust was delighted to raise £3,000 towards its £4 Million Appeal for a new development at the Aldingbourne Country Centre. The Trust supports adults with learning disabilities in all aspects of their lives from accommodation to training and employment. The new development will mean that it can continue to provide training and employment for its clients.

The Trust runs various projects that encourage a learning environment, enabling their clients to have the same opportunities as everyone else to live independently and develop skills to gain employment.

For more information about the Trust please visit the website www.aldingbournetrust.co.uk or call 01243 544607.

Local business uses Co-Wheels Car Club Chichester to go 'car free'

Patricia Rang makes use of the local service

JUBILEE HOUSE B&B owners, Patricia and David Rang, have used their membership of the Co-Wheels Car Club Chichester to take the leap of going car free. The couple made the decision when they weighed the convenience of owning a car with the cost of the vehicle, depreciation, servicing, tax, MOT and insurance.

Patricia Rang said: "The East Street car is only a five minute walk from our Bed &Breakfast on New Park road, so it's very convenient when I want to do a weekly shop for larger items for our B&B. Living in the centre of Chichester, I do not need a car for day to day purchases."

David added: "The money we spend on car club membership comes from the same budget as the costs of running our own car did. You notice a huge difference when you change the way you think about your car's costs. Once you take this step you become aware of a range of travel options of which the Car Club is an important part."

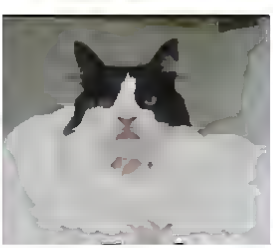
Daire Casey, Chair of Co-Wheels Car Club Chichester, was honoured that a local business had shown such commitment to the club.

"Club membership has grown steadily since the club was launched last November," she said. "We believe that any Chichester based business running a car for fewer than 8,000 miles a year will save money using our car club cars."

For more information, please visit www.co-wheels.co.uk/chichester

Cats with Character

Cat and Rabbit Rescue Centre



Carlisle: a large, fluffy, white and black male about 2 years old is lovely boy, who enjoys being groomed and is in desperate need of a home

Could you understand a cat with character? Sometimes we have cats waiting for a long time because they can be a little naughty. It is not their fault, it is just how they have grown up, or because they are fed up of living in a pen. These cats need special homes with understanding owners. They are suitable for homes without distractions, such as cats, children or other animals. Experience indicates that given the chance they will calm down once settled, and become lifelong loving companions.

Some of our character cats waiting:

• Tiger Lily, a pretty 2 year old tabby female. A quiet lady who will require some time to get to know you. She will also let you know if she would rather be on her own.

• Eburta, a friendly black 1 year old female. Loving and playful but she can become a little over excited.

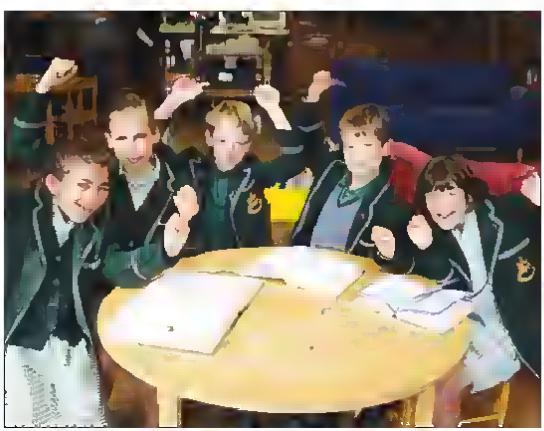
• Carlisle, a large, fluffy, white and black male about 2 years old. Lovely boy, who enjoys being groomed. On occasions can nip.

• Marianne, very sweet 3 year old lady. A fluffy torty and white who has been returned to us for biting, although this is a rarity since she came back with us.

Hundreds of cats and kittens are waiting for homes now. Please, if you want a cat, phone and adopt from us. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7 days a week. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

It's all Greek to Oakwood pupils



Confident of success: Sofia Callander, Leila Solly, Nathan McBride, Millie Creak and Josh Fawcett, Oakwood School Eurotalk semi-finalists

FIVE pupils from Oakwood School spent the summer brushing up on basic Greek in preparation for the regional semi finals of the Eurotalk language competition which take place in Berkshire next week.

Sofia Callander, Josh Fawcett, Nathan McBride, Millie Creak and Leila Solly all qualified from an initial pool of 3000 competitors to represent the South East, having learnt conversational Spanish as well along the way.

Josh's brother, Ben, set the standard the last time the competition was held, coming 5th overall in the 2011 national finals, held in London's Olympia, spurred on by his success, this year's team are determined to succeed.

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Could you be our local produce champion?

ARE YOU PASSIONATE about local produce? Chichester District Council is on the hunt for someone to take on the lease for Chichester's first high street store dedicated to selling local produce.

The council is looking for an innovative individual or company to lease 20a South Street in Chichester to sell local produce from the district and surrounding areas. The closing date for applications is Monday 21 October.

The scheme, thought to be the first of its kind in the country, has been introduced by Chichester District Council and West Sussex County Council to support local businesses.

This opportunity was promoted earlier this year. There were several interested parties and a number of applications were received. However, the council was unable to take any of these applications forward and it now wants to give people the chance to develop their bids.

The aim is to encourage people to buy, and discover more about, the high quality of food that is produced locally.

Applicants will be expected to prove that they have good retail experience, financial strength and a good business plan to make sure that the shop meets the project's aims.

To help kick-start the new business, West Sussex County Council is investing £70,000 of funding to fit out the shop. An additional £5,000 is also available to provide assistance to local producers, who require help in supplying the shop.

Local producers said that a presence within the High Street would be the best way to support them to grow their businesses. They also believe this will complement the city's regular Farmers' Markets.

The project reflects many of the ideas highlighted in 'From Field to Fork' – a recent study from The Campaign to Protect Rural England. The report shows that three times the number of jobs are supported when people buy from smaller independent local food outlets.

Cllr Myles Cullen, Deputy Leader and Cabinet Member for the Economy, Property and Tourism at Chichester District Council, says: "We asked local producers how they would like us to support them and their answer was to have a presence on the high street.

'Our area has some of the best local produce in the country and we should be celebrating and promoting this. By working with West Sussex County Council on this project we hope to boost the local economy and help small local businesses to grow."

It is hoped that the new shop will open in spring 2014.

Those interested in applying for the lease can find more information and access a downloadable pack from www.chichester.gov.uk/localproduceshop or call 01243 534069.

Business body set up to find ways of growing the West Sussex economy

BUSINESSES across West Sussex are being invited to give their views on a range of economic issues with the launch this week of an independent body to look at how best to boost local businesses.

The West Sussex Independent Economic Commission will examine how to overcome the challenges and barriers to growth in West Sussex and who should be overcoming these.

To aid its task, it is putting out a call for evidence containing key questions aimed at the local business community and other key stakeholders, though everyone can have their say.

Supported by the national economic development consultancy Shared Intelligence (www.sharedintelligence.net/), the Commission is led by a panel of five business figures from across the region.

Commission members are independent of local and national government and will:

- Assess the potential for economic growth in West Sussex, including the most significant challenges, barriers and opportunities currently faced,
- Review the current mechanisms that exist to secure and support economic growth in the county and make recommendations on action the County Council and its partners could take to secure a higher long term growth rate,
- Look at how to set up a mechanism for closer engagement with business that should ensure a clearer understanding of the perspectives of business on how to promote economic growth,
- Look at the role of West Sussex's Area Partnerships and the Coast to Capital Local Enterprise Partnership (LEP).

The evidence will be discussed during six workshop sessions hosted by the Commission during late October and early November, which will lead to a report and recommendations that will be presented to the County Council in January next year.

Council leader, Louise Goldsmith, who commissioned the study, said: "The economy is our key priority. To help to secure growth, the County Council needs to ensure that the views of business views are properly understood and listened to.

"We know there is a lot we can do to help businesses, but we need to ensure this help is targeted.

"I therefore welcome the work of the Commission on behalf of the business community and its partners and will study its final report with interest."

Commission chairman, Professor John Craven, former Vice-Chancellor at the University of Portsmouth, said: "I look forward to working with my fellow panel members who have a deep understanding of business and how it operates and who have views on what can be done to help the West Sussex economy.

"We also look forward to hearing from a wide range of participants and interested parties about what could be improved within the West Sussex economy."

Further information on how to participate can be obtained via West Sussex County Council's website by typing in West Sussex Independent Economic Commission in the search bar, via Shared Intelligence's website on www.wsiec.org or follow the Commission's work on Twitter via @wseconomy and #wseconomy.

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Marketscan named 'Outstanding B2B Data Provider' for third year running

FOR THE THIRD YEAR in a row, Chichester's Marketscan has been named the 'Outstanding B2B Data Provider' at the annual Database Marketing Awards.

The leading data specialists successfully beat off stiff competition, which included the event's sponsor IDS, to defend their title and once again take away the coveted accolade for the third year in a row.

Managing Director Julie Knight, who was present to collect the award, said: "This is a very special night for all of us."

"To be recognised for the third year in a row is a testament to all the rewarding work we do with our clients, the breadth and depth of our offering, and the new services we've worked tireless to develop over the past year."

Marketscan was founded in Chichester, West Sussex in 1982 and specialises in providing high quality B2B data, mailing lists and marketing services for direct mail, telemarketing and email marketing. Marketscan remain an independent company after 31 years and are a founder member of the DMA.

The company's immense database of British Business – Megabase™ – sources from five of the UK's major suppliers to provide extensive coverage and impressive deliverability guarantees to clients.

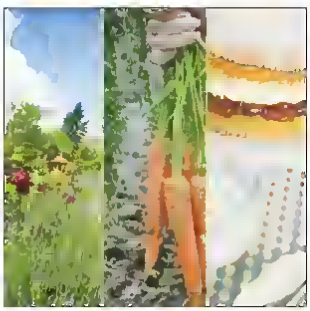
The Database Marketing Awards, which took place on Tuesday 10th September at the spectacular 5-star The Brewery in central London, brings together database marketers, agencies, MSPs, software & solutions providers, client companies and thought-leaders to recognise and celebrate excellence in the UK database marketing industry.

In the 'Outstanding B2B Data Provider' category, a shortlist of four nominees was decided following two long days of strenuous judging by a panel of industry professionals.

Knight added: "The whole team at Marketscan are excited for the business year ahead, and we look forward to defending the title again in 2014."

Kellys Nursery expands with new pet food section

KELLYS NURSERY in Bell Lane, Birdham near Chichester, has recently expanded with a new pet food section that opened this month. The family run nursery, which is owned and managed by Paul and Jane Knappett along with their family, was first opened in 1998 and offers a wide range of hanging baskets, bedding plants and perennials.



The nursery has proved to be hugely popular with local residents and has quickly grown from strength to strength, having just opened The Potting Shed Coffee Shop just 6 months ago, which serves up delicious teas and coffees, refreshments and lunches. The Potting Shed Coffee Shop can also be hired out for private parties and events.

Dog owners all their married life, the husband and wife team have recently grown the business to cater for their four legged visitors with a dedicated pet food section that launched in early September. Stocking quality brands and products such as pedigrees, a wide range of bird feed, Umpet, Misfit Treats and pet accessories, they also stock the premium hypoallergenic brand Lovejoys, making them one of only two hand-picked stockists in Sussex.

Commenting about the new offering Jane Knappett says: "As a family run business we aim to provide a friendly and personal service, and have built up a fantastic base of customers who come to visit us. We have always been a pet loving family and it seemed the next logical step to offer our customers a range of high quality pet products. We have had many requests over the years from visitors asking about this and we are delighted that we are now in a position to expand the nursery and our product offering to include the new pet food section."

Kellys Nursery can be found at Bell Lane in Birdham and is open 7 days a week. For more information please visit www.kellysnursery.co.uk or call 01243 513148.

A step back in time; The

VISITING the Goodwood Revival can be a truly bemusing experience. On being transported to its grounds by a restored vintage bus, the period costumes with varying degrees of authenticity and, above all, an overwhelming roar of engines makes for a confusing entrance.

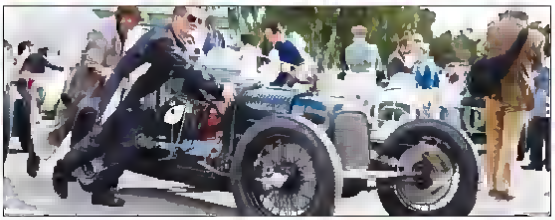
But once a path through swarming and vibrant market stalls is negotiated, and one of the many vehicle paddocks located, everything starts to fall into place. Although being one of the many festival-goers without a specific enthusiasm for historic cars, the sheer number of beautifully crafted vehicles cannot fail to impress vintage motoring fever on the most stoic of hearts.

The Goodwood Revival is truly impressive in the number of enthusiasts flocking around each machine, ready to talk motoring, and relate proudly the compelling history of their classic car or even balsa wood tri-plane.

The attention to detail is something else, authentic 1940s bicycles left in hedges seemed poised to be pulled out and ridden away by a red-faced land girl. Many of those who lived through these eras seemed disappointed that the vintage produce at the Tesco's revival store was mostly display only, but the confectionery clothed in authentic wrappings was a thrill enough to make up for the lack of old Pears' soap.

What a great occasion to get Goodwood period (1948-1966) classics out of their garages and into the public eye! The wealth of enthusiasm and knowledge at this event is infectious, and apart from being a much anticipated event for vintage car collectors and hobbyists, for those not already on the inside it is a great stepping stone into the exciting world of historic motorsport – and so much else besides.

Goodwood Revival 2013



Arts & Entertainment

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Cineworld

White House Down (12A)

FOUR out of Five stars

Running time: 131 mins
Director: Roland Emmerich
Starring: Channing Tatum, Jamie Foxx, Maggie Gyllenhaal, Richard Jenkins, James Woods, Joey King, Jason Clarke, Jimmi Simpson, Nicolas Wright, Rachelle Lefevre, Michael Murphy

The very definition of big dumb fun, White House Down is a hugely enjoyable thriller that gets everything right that the similarly plotted Olympus Has Fallen got wrong, thanks to a witty script, a perfectly pitched directorial tone, thrilling set pieces and superb performances from Tatum and Foxx.

What's it all about?

Directed by Roland Emmerich (Independence Day, 2012), White House Down stars Channing Tatum as divorced security guard John Cale, who takes his politically savvy 11 year old daughter Emily (Joey King) on a tour of the White House when he visits for a job interview. With excruciatingly bad timing, John and Emily get separated on the tour just as heavily-armed US based terrorists attack the White House, under the leadership of newly retired security chief Walker (James Woods).

While attempting to get back to his daughter, John manages to rescue President Sawyer (Jamie Foxx) and the pair attempt to turn the tables on the terrorists while trying to contact security agent Carol (Maggie Gyllenhaal) in the Pentagon. Meanwhile, Emily puts her own spanner in the works by posting video clips of the terrorists to Twitter and YouTube, which quickly make it onto the news and end up putting her in danger.

The Good

Tatum and Foxx make an appealing double act, sparking off each other in winning fashion and reacting to their situation in believable ways that suggest both of their characters have watched Die Hard multiple times. King is equally good as Emily (her first scene with Foxx is priceless) and there's enjoyable support from James Woods, Richard Jenkins (as Speaker Raphelson), Jason Clarke (as the lead terrorist) and Jimmi Simpson as the tech-savvy hacker slash-terrorist charged with shutting down the White House's security systems.

Director Roland Emmerich knows a thing or two about action set pieces (with a side order of explosions) and he doesn't disappoint here, pulling off one ridiculously entertaining sequence after another, he even manages to include a hilarious car chase sequence with John and the terrorists driving round in circles on the White House lawn.

The Great

Essentially, White House Down is the film that the similarly-plotted Olympus Has Fallen should have been. The key difference between the two (apart from the fact that White House Down boasts a lead who actually has charisma) is that Emmerich gets the tone exactly right throughout; the humour is genuinely laugh-out-loud funny and there's a warmth and a likeability to these characters that was entirely missing from the earlier movie. Similarly, the film doesn't allow itself to get bogged down in either flag waving jingoism or sickly sentimentality, playing it admirably straight while still delivering the odd tongue-in cheek moment.

Worth seeing?

White House Down is enormous fun, thanks to a sharply written script, exciting action sequences, a satisfying explosion count and terrific performances from a talented cast. Perfect Friday night entertainment.

Rotary Club of Chichester

Arts and Craft Experience

Over 60 local invited artists and craftsmen demonstrating their own work

Saturday 28th September 2013

Main Hall, the Westgate Leisure Centre, Via Ravenna, Chichester PO19 1RJ

Show opening times and admission charges

10-11am special, all ticket, £10 preview event

Opening by Philip Jackson, renowned sculptor

Coffee and croissants will be served

11am to 4pm Public admission, £5 by ticket on the doors*

*Children under 14 accompanied by a responsible adult go free
Special reduced entrance fee of just £3 after 3pm

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q JAMIE FOXX WON AN OSCAR FOR HIS PERFORMANCE AS ?

A. RAY CHARLES

B. STEVIE WONDER

C. BOB MARLEY

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 24th September 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Harrison Simmons from Selsey

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL 0871 200 2000

Family Open Day at Pallant House Gallery

PALLANT HOUSE GALLERY

FAMILIES can enjoy Pallant House Gallery's world-class Collection of Modern British Art for free, as well as take part in a selection of family friendly activities in aid of the innovative Community Programme at the latest Family Open Day on Sunday 29 September

From biscuit decorating to bunting making, activities will be available from 12 – 4pm. There will also be the chance to sample free coffee courtesy of De-Longhi, the Headline Sponsor of the Gallery.

Taking place in the Studio from 12 – 4pm, there will be a creative family drop in activity; 'Collage, Colour and Pattern', inspired by the current Eduardo Paolozzi exhibition at the Gallery. The activity is free, however, a small donation is appreciated. There is no need to book for any of the activities taking place, but children participating in the drop in activity in the Studio must be accompanied by a parent/carer who is willing to create.

As well as the Gallery's permanent Collections which include works by Peter Blake and Henry Moore, this will be the last chance for visitors to see 'Modern British Collage and its Legacy', an exhibition exploring the role of collage in the trajectory of modern British art through collage, prints and paintings by artists in the Gallery's Collection including John Piper, Ben Nicholson, Eileen Agar, Richard Hamilton, Peter Blake and John Stezaker.

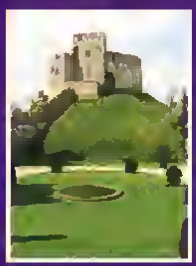
Also available for free is an exhibition of Canadian artist Keith Miller's travel sketchbooks, which document forty years of extensive globetrotting. You can also catch Jonas Ranson's Paolozzi-inspired geometric screenprint in the Garden Gallery (until 13 October).

Entry to the Gallery's major retrospective of the work of one of the most inventive and prolific of the British artists to come to prominence after the Second World War, 'Eduardo Paolozzi: Collaging Culture', will be half price.

Throughout the day (11am – 5pm), there will be a Family Trail that visitors will be able to pick up from reception to help them navigate through the Historic House and the new Gallery wing, exploring and responding to the art work on the way.

Money raised through donations towards the creative drop in activity will go towards Pallant House Gallery's innovative Community Programme which focuses on delivering projects and programmes that enable a broad range of people to access the gallery by offering meaningful and long term engagement.

WIN A MEAL FOR TWO AT THE SHIP HOTEL



WHERE AM I?

Chichester Herald, in partnership with Chichester's Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition, email your answer, name, address and contact number to **news@theshiphotel.net**

Last week's answer was: Weald & Downland Museum, Singleton

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 25 September 2013 at midday. The competition is for one winner with a prize of a meal for two of the Hotel's popular 'The Ship's Plank' New Cenekts of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ships cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terriyaki, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

Photography by:
Tel: 01243 773297
Mobile: 07983548459
www.rebekahgracephotography.co.uk
Rebekah Grace PHOTOGRAPHY

WHAT'S ON in your area...

• World's Biggest Coffee Morning / autumn fair Friday 27 September 10-12 noon North Mundham Village Hall Plants/gifts/cakes/produce/books/Grand Raffle etc Everyone welcome All proceeds to Macmillan Cancer Support

• New 'World Music' Community Choir starting up in East Wittering. Starting on the 29th September the sessions will be designed so that anyone can join in, even if they think they don't have a good singing voice! Our motto is 'ANYONE CAN SING' & we will aim to prove this within the sessions! We will be running the sessions 7-8pm every Sunday Evening at Bracklesham Barn (PO20 8HU). The choir will be singing uplifting songs from around the world & we will be looking to do a pre-Christmas performance in the local area. All adults are welcome & 12-16 year olds are also welcome if accompanied by a participating adult. Session fees are £4 per session & £1 for 12-16 year olds. Funds raised from this group will go towards sponsoring a young person's choir to begin in 2014. If interested please contact Paul on 07807 383371 (text only please) or email drums@oink.co.uk. Or just turn up on the 29th.

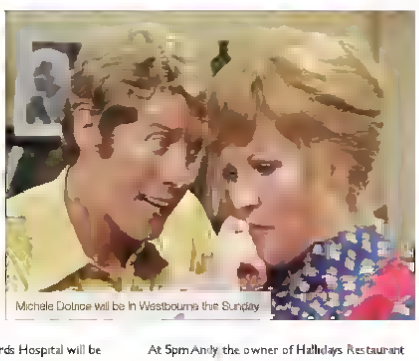
• Chichester Area Mind are holding a guided tour of Pallant House Gallery on Friday 20 September at 1pm. The tour is for people with dementia and their carers. Following this there will be an optional interactive workshop.

We also have a weekly support group running at St Pauls Church Hall every Friday from 12.45-3.45pm for carers and people with dementia. For more information please contact Rayner on 07507 164859.

• Chichester Art Society's popular workshops continue with 'Confident Drawing'. For All tutored by local artist Lyn Marie Whiteman. Starting with pencil and charcoal Lyn will help you learn how to draw and develop your own style. Group size is limited to 15 to ensure personal attention.
The sessions run on Thursdays August 29th, September 12th & 26th and October 10th from 10am – 2pm at Bassil Shippam Centre, Tozer Way, St Pancras, Chichester.
Non-members can enrol at £30 per session or £115 for all four. For more details contact the Secretary on 01243 602360 or email jean.campbell@zen.co.uk

• Tea with Michele Dotrice' In conversation with theatre director and Westbourne resident Roger Redfarn. Sunday 22nd September at 4pm at the Village Hall, Westbourne PO10 8UL. Tickets £7 including tea and cake. Michele Dotrice is known to millions as 'Betty Spencer' the long suffering wife of Michael Crawford's 'Frank Spencer' in 'Some Mothers Do 'Ave 'Em' one of the most successful BBC sitcoms of all times. Tickets from Bookends, 7 High Street, Emsworth or www.wegottickets.com

• Arun & Chichester (Air) Enthusiasts Society. The next Air ACES talk is being held at the Chichester Park Hotel, Madgwick Lane, Westhampnett, Chichester, PO19 7QL (behind Sainsbury's on the Chichester by-pass) and is on Monday 23 Sept 2013. The title of the talk is 'Glider Racing at the International Level' and the speaker is Air Marshall Philip Sturley. The talk will start at 7.30pm.



Michele Dotrice will be in Westbourne this Sunday

• The Friends of St Richards Hospital will be holding a "Spirit of Winter Fayre at Great Ballard School, Eartham, on 25th October 2013 from 10.30am – 2pm.
A large variety of Xmas and general gifts will be on sale together with produce from local suppliers. Refreshments will be available.
At 5pm Andy, the owner of Halfdays Restaurant at Funtingdon will be giving a cookery demonstration to add some bite to the Christmas Table.
All Monies raised will go to the New Eye Unit at St Richards Hospital. For any further information please ring the Friends Office on 01243 831843.

If you would like a non-profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Students: Can't cook, won't cook

WITH NO more home-cooked meals by mum, it seems British students are leaning on take away and processed foods to avoid cooking for themselves. Research released by Panasonic, to mark the launch of its new Sensor Microwave, reveals that over three quarters (77per cent) of British students admit that their dinner usually consists of processed foods including take away and ready meals.

It seems that it isn't just dinner time when students healthy eating goes out the window, with 17per cent skipping breakfast regularly, and a quarter (25 per cent) eating processed food, such as noodles and ready meals for lunch. Despite the recommended daily allowance of fruit and vegetables being five-a day, the average student only manages to consume seven-a week, a fifth of their weekly requirement.

British students appear to know they are leading an unhealthy lifestyle, with females admitting to consuming an average of 2,564 calories a day and males claiming 2,976 a day.

TV nutritionist Amanda Hamilton said: "Students seem fully aware that they are not eating the right sort of foods and that they are eating too many calories. They might be living for the now and worrying about their diets later, but if they continue consuming food in this way they are likely to fall prey to the 'Freshman 15' – the expression given to the 15lbs of weight gain thought to be typical of first year university students, as well as storing up more serious health problems for the future."

Laziness seems the top excuse with half of students (50 per cent) claiming they don't cook from scratch because it takes too long and 40 per cent claim it is too expensive. More than one in ten (12 per cent) admitted that they don't know how to cook.

When they do cook they seem to get creative in the kitchen utilising the processed foods in their cupboards. The unhealthiest recipes revealed by students questioned in the Panasonic Microwave research include:

- Chicken nugget pizza: replace a dough base with chicken nuggets, top with garlic butter and cheese and serve with a side of nachos and chips
- Lasagne on toast: take leftover lasagne and place between two slices of toast for the ultimate sandwich
- BBQ Pasta: pasta, mixed with cheese and BBQ sauce
- Yorkshire and chips: chips, Yorkshire pudding and gravy
- Egg and chip butty: fried egg, chips in a sandwich
- Noodles on toast: instant noodles on buttered toasted white bread
- Ultimate breakfast butty: egg, bread, sausages, bacon, chicken, melted cheese, fried onions, fried mushrooms, and a fried egg

Zeena Hill, Head of Home Appliance Marketing Panasonic UK said: "Students seem to think the easiest and cheapest option is to order a take away or cook processed foods because it is cheaper and quicker. Eating healthily doesn't have to be expensive and not every meal takes a long time to cook. Foods such as salmon and vegetables can be prepared and cooked in less than 30 minutes using a sensor microwave – less time than it takes to await the delivery of a take away."

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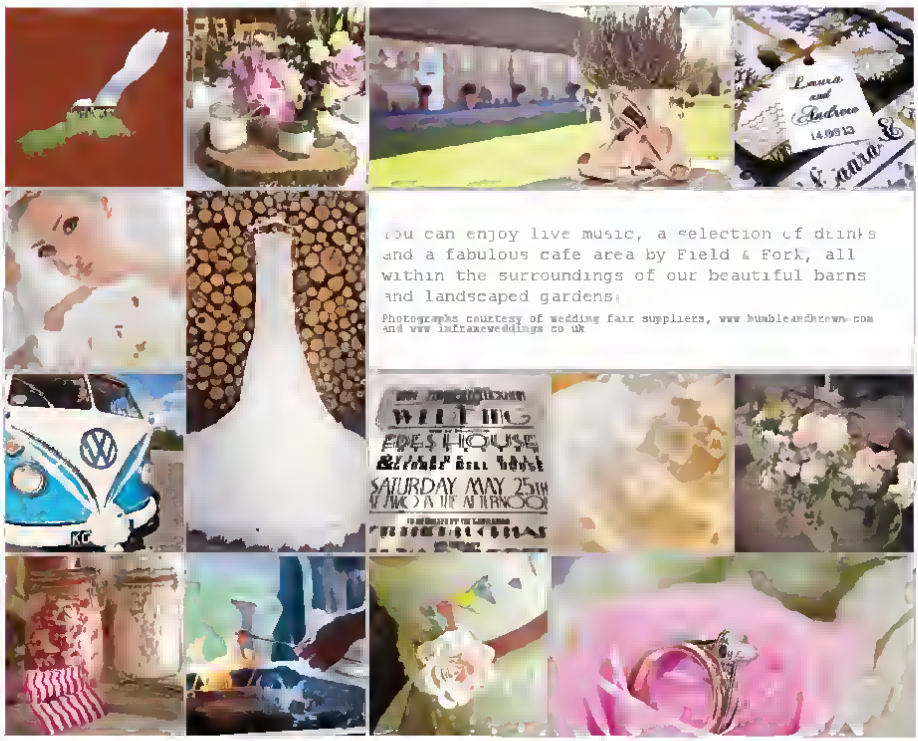

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Photographs courtesy of wedding fair suppliers, www.bumbleandbrown.com and www.inframeweddings.co.uk

Sunday 22nd September 2013

10.30am – 3.30pm

Southend Barns, Donnington, Chichester, West Sussex, PO20 7PS

Free entry

For more information
email enquiries@southendfarms.co.uk or call us on 01243 641247

www.southendbarns.co.uk

The natural relaxant

Denise Kelly

WE CAN all have very stressful times in our lives for an array of reasons. Sometimes when stress continues for a long period of time it can start causing unwanted symptoms of anxiety and sleepless nights. This is not a good place to be and the more we can do naturally to reduce this stress the better we will feel. Exercising and eating alkalizing nutritious foods are certainly the way forward, but there is one little gem of a supplement that may just help take the edge of the anxiety you are feeling.

L-Theanine is an amazing supplement that you can buy which helps reduce stress and relaxes your brain by increasing alpha wave activity. Alpha waves are those that occur when you are awake, alert and relaxed. They help you to concentrate and promote creativity which really are essential parts of our every day living and achieving. L-theanine, which exerts its stress-reducing effects without causing drowsiness, is also able to cross the blood-brain barrier, a protective filter that prevents some compounds from reaching the brain, making it a good potential alternative for certain anti-anxiety medications, allowing you to stress less! Stress-reducing effects require higher doses than you can get from tea, which is why if you are in a very stressful state 200mg or more are needed per day.

L-Theanine also helps to prevent damage to brain cells by blocking overstimulation of the cells and protects brain cells from being impaired when oxygen levels are low. It also promotes production of new brain cells by stimulating release of a protein necessary for nerve growth. L-theanine has been studied and said to be helpful in treating symptoms of Parkinson's disease. In the laboratory animal study, L-theanine protected cells in an area of the brain that produces dopamine – the neurotransmitter involved in the disease.

The antioxidant effects of L-theanine provide benefits for the cardiovascular system by preventing oxidation of low density lipoprotein, or LDL, cholesterol. L-theanine improves cardiovascular health by promoting production of nitric oxide a compound that causes blood vessel dilation in the linings of arteries. In this way, L theanine may reduce blood pressure and decrease risk for cardiovascular disease. Further studies are needed to confirm these preliminary results. However, this is a very good place to start when you know the stress is beginning to get on top of you and your body is being affected in one way or another from on going problems.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

Take control

There's a solution to any problem. If you remain passive, thinking, I can't do anything about my problem, your stress will get worse. That feeling of loss of control is one of the main causes of stress and lack of wellbeing.

The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else!

Charity cycle open day at Nuffield Health Club Chichester Gate

IN AID OF SUSSEX SNOWDROP TRUST

Nuffield Health fitness & wellbeing

Come and join Nuffield Health Chichester's Charity open day being held at the club this Sunday 22nd September. The day will include a 'Spinathon' taken by the clubs Personal Trainers outside the club (inside if raining). Both members and non-members can take part and 'Spin' to raise monies for the clubs flagship charity, The Sussex Snowdrop Trust. Spinning offers a fantastic cardio work out on static bikes and can burn up to 600 calories in one hour. The club will be open for people to trial on the day with free giveaways for participating in the Spinathon. The Nuffield team will also be on hand offering free Health & Fitness advice to those interested. Simply bring this advert to the club to attend the event and use all facilities for free on the day. Please note that you must be 10 years and over. Towels are £1 per guest. ID is required.

For further details on the Snowdrop Trust see www.thesussexsnowdroptrust.com. Registered charity no. 1096622. Call Nuffield Health on: 01243 788678 www.nuffieldhealth.com

The Sussex Snowdrop Trust provide:

- Care at Home by Children's Community Nurses & Nurse Support Workers – who visit children in their own homes on a regular basis, they provide advice about the child's illness and treatment, teach parents the skills needed to look after their sick child and liaise with other health care professionals. If a child becomes terminally ill they nearly always choose to be at home surrounded by their family and because of the Snowdrop Team their wishes can be respected.
- Emotional support which is met by the Snowdrop Counsellor – who advises, listens and helps the entire family coping with the stresses that they inevitably experience.
- Financial help for families coping with the day-to-day problems of caring for a very sick child – such as travelling expenses for hospital visits, household equipment, household expenses such as excessive energy bills for keeping their house warm enough for someone who is sick and days out for the whole family which provides such precious respite and memories.

Spinathon held from 11am to 2pm
Join in the Spinathon and cycle for charity
Trial the club for free on the day
Speak to a member of the team about your health &fitness goals
Free giveaways for taking part!

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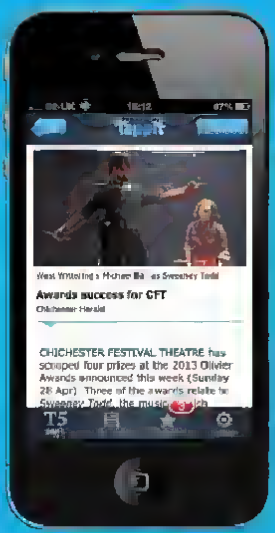

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It costs £323 to look a million dollars

IT COSTS the average woman £323 to look a million dollars , a study has found The figure emerged from a detailed study examining how much it costs the typical female to get that perfect outfit for an upcoming event

The study showed the biggest expense is a new dress coming in at £99 91, followed by a jacket at £66 77, and £51.40 on new shoes

It also emerged more than one in five women insist on buying everything new – even underwear and accessories

Furthermore two thirds of women said the more important an occasion, the more money they are willing to spend, with a family member's wedding being the top reason to splash the cash

The poll was conducted by premium marketing specialist, Cream UK

A spokeswoman said "This research shows that women feel they need to spend a certain amount to look good for an important occasion.

"But everyone knows it isn't necessarily about how much money you spend, it's more about knowing what suits you and buying wisely.

"Just because a dress is expensive doesn't necessarily mean it will look good.

"Consumers tend to stick with the same brands and retailers so it's not surprising that women rule out certain shops when they are looking for a special outfit."

The study also found a lavish 25% of women said they believe in the ethos that the more you spend on clothes, the better you look.

In fact, 15% of women said they would immediately dismiss certain shops as being "too cheap".

Bizarrely the amount women spend on clothes is determined by whether or not they like the person hosting an event

One in five females said they intentionally spent less on an outfit if they disliked people either attending or hosting an event

But one in ten said they would spend MORE to ensure they looked a million dollars.

A third of women said they would really push the boat out if their partners ex-girlfriend was in attendance, and 36% would 'go all out' if a man they fancied was going to be there

The study also found that more than one in ten shoppers admitted to buying from certain stores just to be seen shopping there

Do parents rely on a culture of reward?

WE ALL know how hard it can be to always get your lads to do as you ask but a nationwide survey of parents reveals that almost two out of three mums and dads resort to rewarding their children in return for behaving properly and doing simple tasks – even brushing their teeth!

The survey of 2,000 parents with children aged 2-10, commissioned to mark Colgate's Oral Health Month, an annual initiative designed to raise awareness of oral health across the entire country, showed that nearly one in ten parents reward their children for cleaning their teeth. This statistic was matched by getting ready for school on time and being well behaved at a friend's house, while one in five give rewards for eating all their dinner and almost two in ten parents reward children for tidying their room

The Colgate survey revealed that almost 1 in 3 parents used incentives varying from chocolate and sweets to more positive and inventive motivational methods, such as creating sticker charts. One in five parents even make teeth brushing routines more fun by singing a special tooth brushing song

Psychologist and Professor of Psychology at the University of Hertfordshire Dr Karen J Pine comments "Reasoning with children to do as they're told can be difficult especially when they do not understand the 'why' factor, but using sweets and chocolate as rewards doesn't always teach children the right behaviour and is also bad for their teeth. That's why it's great to see a significant number of parents using more inventive and beneficial reward systems for teeth cleaning, such as sticker charts, to encourage positive habits in children."

Most parents will sympathise with their peers when learning that four and five year olds appear to be the most difficult to motivate to get valuable tasks done, with 77% of parents of four year olds using a reward system to get them to do as they're told and 37% of parents of five-year olds saying that they have, on occasion, let their children go to bed before they have brushed their teeth in order to avoid a fight, compared with only 21% of parents of eight year olds.

The Colgate survey also highlighted that children are consuming sugary foods on a regular basis, with 25% drinking fizzy drinks at least once a day and 33% of children eating chocolate every day. Given that 40% of parents surveyed believe children's milk teeth are less important than adult teeth, and only 34% admit to supervising the brushing of their children's teeth for the dentist recommended 2 minutes, it is not surprising that the survey went on to reveal that by the age of 10, 25% of children have had at least one filling

Horoscopes

Aries 21 March – 20 April

There may be a shock revelation this week involving a friend or family member but it doesn't necessarily follow that it will be an unpleasant shock But it will throw you! There is no need to be downhearted though as this is a good week for surprise invitations to exotic places and your love life is well favoured too

Taurus 21 April – 21 May

This is a very creative week for you both at work and in your personal relationships At work you will definitely be thinking outside of the box and what's more it just might work, others think so anyway And on the home front your loved ones have ideas that make this a very exciting and adventurous time Enjoy!

Gemini 22 May – 21 June

You are not known for your organizational skills are you? But you do realize though that it you are to see your projects through to completion some order is a necessity At work there may be someone making romantic overtures or at the very least flirting with you You may be suspicious of their motives don t be they like you!

Cancer 22 June – 22 July

Horoscopes from Kimi
20th – 26th September

There are demands being made upon you this week in terms of time and emotional support This could involve someone young or vulnerable asking for help You want to be there for them and know how much your input is appreciated but do take time to consider yourself too You are no good to anyone if you are emotionally drained

Leo 23 July – 22 Aug

Your nesting instinct gets even stronger this week and your mind is really focusing on long term commitment whether to a relationship career or locality This settled frame of mind brings with it a greater physical freedom than you have felt for some time You have bundles of energy and oh how attractive that makes you appear to others!

Virgo 23 Aug – 23 Sept

This is a good week for building relationships at work Listen with an open mind and you may find what you are hearing is not criticism but helpful advice that you can use to your career or financial advantage Friendships of the romantic kind will blossom this week In fact all friendships are going through a happy and relaxed phase

Libra 24 Sept – 23 Oct

Your brain may feel a bit like mush this week as there is so much you are trying to think about so many possibilities opportunities and people you have to consider Someone close to you wants clarification Now would be a good time to give them it but make sure you know what it is you want first.

Scorpio 24 Oct – 22 Nov

There is an awful lot going on in your life at the moment and an awful lot riding on decisions you make now Way up all the facts before you make any big decision- do some homework! If someone from your past gets in touch this week ask yourself this question, is there a reason they are in the past?

Sagittarius 23 Nov – 21 Dec

This is a very good time for romantic relationships friendships and familial relations These relationships bring not excitement and adventure but peace tranquility and fulfillment And this feeling of peacefulness will spill over into other aspects of your life You feel good and are able to tackle with ease work issues What's more you are looking pretty hot too!

Capricorn 22 Dec – 20 Jan

You re in danger of burn out. Slow down or you may find yourself feeling tired and lethargic towards the end of the week. Someone near and dear to you is trying very hard to let you know how much they care. Don't take them for granted it will only take a kind word to show them it's reciprocated!

Aquarius 21 Jan – 19 Feb

Opportunities are falling like apples from the tree this week. You see things with clarity you have never experienced before You know what you want and what works for you and what does not And at last you feel as though you have a measure of control over your life Beware of a jealous colleague or acquaintance

Pisces 20 Feb – 20 March

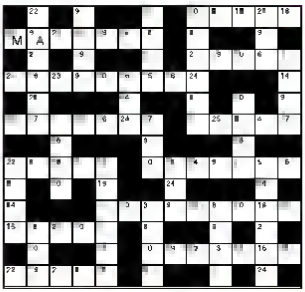
Don t go buying anything expensive this week unless absolutely necessary What difference will it make to wait a week or two? Focus your energy on work instead and this will bring financial rewards You may find yourself ready to do battle with a work colleague over something you feel passionate about Cut them some slack they're having a difficult time!

Brain Gym

No.136

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

1	2	3	4	5	6	7	8	9	10	11	12	13
E	K	M	G	F	A	O	I	T	R	Z	L	C
X	D	W	U	V	Q	H	J	P	Y	N	B	S

Wordsquare

N	N	E
O	U	R
A	D	D

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate...

8 words - average;
12 words - good;
16 words - very good;
20 or more - excellent.

Last week's solutions:

deter, diet, dieter, dirt, edit, egret, elite, getter, grit, grot, gutted, gutter, guttered, great, grot, gritted, letter, litre, otter, tiered, tret, treed, retitled, rite, tead, tide, tied, tier, tiered, tiger, tide, tie, tiled, tilt, tilted, tire, tired, tit, e, titled, titre, tree, treed, tried, trig, trite

Double Crossword

Choose either quick or cryptic clues.

Cryptic Clues:

Across

1. We go round in a hundred and don't enjoy it apparently (5)
4. It clears the vision but deceives the judgement (7)
8. A reason why the vessel was fast? (7)
9. Anaesthetic obtained from scarlet herbs (5)
10. Get the weapon out but didn't win (4)
11. He often stops while working (8)
13. A strange kind of plant (4)
14. Send a ball up just under the roof (4)
16. Get out of bed? (8)
17. He follows the account painfully (4)
20. The very lowest drain, perhaps (5)
21. They make very fine traps (7)
22. Tributes to the dead from the wars (7)
23. Pieces of meat entirely composed of fat (5)

Down

1. Question put by examiners? Fancy that! (4,2,3,4)
2. Patient caretaker (5)
3. Where needles are kept, just in case (4)
4. Last, though almost sure to finish first (6)
5. Its users have no need to take flight to reveal confusion (6)
6. Faithless type (7)
7. England's hunting the neon sailor perhaps (7,6)
12. He's in favour of dictation, naturally (8)
13. Contract that makes a ferryman redundant? (7)
15. It checks the growth of population (8)
18. Box that may expand (5)
19. Workers make a beeline for it (4)

Quick Clues:

Across

1. White heron (5)
4. Under (7)
8. Feast (7)
9. Drive back (5)
10. Dregs (4)
11. Delight (8)
13. Stagger (4)
14. Solitary (4)
16. Usual (8)
17. Tender (4)
20. Break out (5)
21. Small crown (7)
22. Tiny bit (7)
23. Mistakes (5)

Down

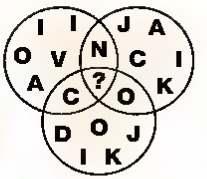
1. Ornament (13)
2. Scope (5)
3. Excursion (4)
4. Combat (8)
5. Story teller (8)
6. Glass vial (5)
7. In confused haste (5-7)
12. Abstaining from liquor (8)
13. Bounce (7)
15. Craftsman (8)
18. Processor (5)
19. Input (4)

Last week's solutions:

Grateful 6 Across, 8 Imprudent 9 Plum 9 Hard lines 10 Fiasco 11 Cells 14 Tibet 15 Spar 16 Spots 18 Film; 20 Taken 21 Basin 24 Warsaw 25 Refuse it; 26 Last; 27 Ancient Sea. Down 1 Agent fee 2 Dutch bulb; 4 Mean, 5 Ridge 6 Dents 7 Nose 8 Heats 11 Clown 12 Spokesman 13 Crossword; 17 Stray; 19 Maids; 22 Cream; 23 Cede 24 Wipe QUICK Across 3 Apprehend 8 Name; 9 Dramatist 10 Outset 11 Steer 14 Rat a 15 Down 18 Nexus 18 Pear 20 Heave 21 Nearly 24 Remiss; 25 Desert on 26 Turn 27 Firestrate Down 1 Incorrupt 2 Imitation 4 Fart; 5 Remit 6 Hatred 7 Nose 8 Dames 11 Sixty; 12 Repacious 13 Incessant; 17 Sheen 18 Recess; 22 Deter 23 Tear 24 Pinut.

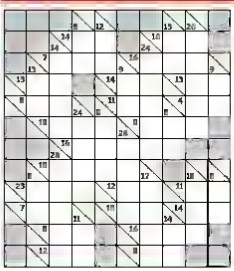
Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is V. Advocaat, Calvados, Vermouth, all alcoholic drinks.

Kakuro



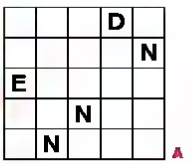
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used more than once in each block.

Last week's solutions:

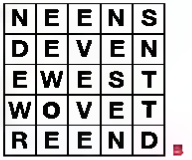
Scribble pad

Alphamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off.



A



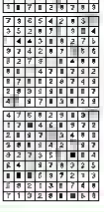
B

Last week's solutions
Torso, Odour, Roped, Suede, Order

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult



Simple

		5	3			1		2
4	2			7	5	6		
		6		4			5	
3	6			9		2	8	
					1			
	9	7		8	4		3	6
		9		5		8		
	4		7				1	9
2		3			8	4		5

Intermediate

6					1	2		
	7	9					1	2
			2	3		9	6	
2			8	9				5
	6			5			3	
				3	1			4
5		1			6			
	4	8				5	6	9
			4	7			1	

Difficult

		2		1			7	
8					9	6		
	7		4					1
	3		2		5			
7								5
			9		8		6	
4					3		2	
		3	1					8
	1			5		9		

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On the water

ALL THE LATEST WATER SPORTS NEWS IN CHICHESTER

New Sailing Manager for Itchenor

George Rice (above)

ITCHENOR SAILING CLUB have welcomed in a new Sailing Manager George Rice has joined the club during the past week.

He comes to Itchenor with experience of having worked for Performance Sailcraft, Director of Sailing at Royal Hospital School, Regional Development Officer at the RYA, Competition Manager and Training Operations Manager in Omanj and most recently for Clipper Marine, Hamble

George looks forward to meeting members Please join Itchenor in welcoming him to the Club

Rotary helps Cobnor sail on

Members of the Rotary Club of Chichester Priory with Gary Palmer and Pete Driver from Cobnor Activities Centre in front of one of the Centre's Wayfarer dinghies (Photos by Kevin Osborne/Fox Fotos)

FOLLOWING a talk to its members earlier this summer by Gary Palmer, Head of Centre at Cobnor Activities Centre, officers of the Rotary Club of Chichester Priory visited the centre this week to present their cheque for £400.

The members of the Rotary stated aims are to translate their passions into relevant social causes, in order to change lives in our community It is fitting therefore that they should support the work of Cobnor Activities Centre Trust, which was formed by Martin Beale in 1979, who wanted to share the joys of Cobnor and Chichester Harbour with those less fortunate than himself The trust exists to help enable young people in West Sussex and its surrounding counties to reach their full potential, by providing high quality outdoor and residential experiences

During his talk, Gary highlighted the present financial predicament faced by the Centre, now that all financial assistance from West Sussex County Council has been withdrawn and the craft continue to need maintenance and repairs in order to be able to allow our young people to enjoy the beauty and thrills of Chichester Harbour.

Mike Dennett, President of the Rotary Club of Chichester Priory, said: "The synergy between our two organisations is clear for all to see. We wanted to actively support the sailing activities of Cobnor Activities Centre." Gary Palmer thanked the Rotary for its generosity and encouragement and hoped to work closely with the Rotary in future.

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For more information contact Coastguards Estate Agents on 01243 267026
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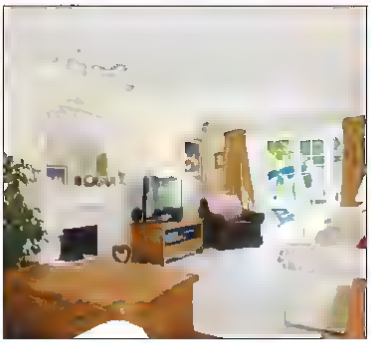

New research shows why Brits need Help to Buy

HARD-PRESSED Brits are being forced to rent for an average of four years before they can afford to buy their first home, new research from Britain's biggest house builder shows today.

In the most extreme cases, people have been renting for up to 40 years and handed over a staggering £150,000 to landlords before getting their hands on their first home, the research by Persimmon Homes shows.

Persimmon says the figures show how important high profile new schemes such as Help to Buy are in making home owning more affordable.

Key findings from the research show:

The average Brit rents for four years before buying their first home – though some buyers had been renting for 40 years.

Almost a quarter of people (22 per cent) bought their first home between the ages of 25 and 28, but 17 per cent were over the age of 32.

Up to 60 per cent of people took between one and three years to save enough to enable them to buy a new home, with over a quarter making financial sacrifices to do so.

On average an estimated £18,000 is spent by each individual before they buy their first house.

People start planning their financial futures at 22.

33 per cent of people wished they had started saving earlier to buy a home.

More than three quarters of people (80 per cent) learnt the value of saving from their parents.

Richard Oldroyd, Managing Director of Persimmon Homes South Midlands, said the research showed just how difficult many people found it to take their first steps on the property ladder.

"This research shows just how important getting on the property ladder is to most people in this country – and just how difficult it is.

"It is clear that very many Britons find it extremely difficult to buy their first home and face years in rented accommodation as a result.

"That is why the recent success of the Help to Buy scheme – and other initiatives to open up home ownership – is so important. There have been 12,500 new homes reserved nationally in the last five months with Help to Buy, which is a remarkable figure.

"The scheme is proving a real lifeline to homebuyers across the region who are either buying for the first time or looking to move up the property ladder and want to make sure their money buys them as much space as possible.

"Help to Buy is helping end the misery of the so-called Forgotten Families, who face the prospect of years in rented accommodation because they cannot afford a deposit. That is good news for each of those families and the economy as a whole."

Help to Buy was launched by Chancellor George Osborne in this year's budget and allows buyers to secure their home with a five per cent deposit and 75 per cent mortgage. The remaining 20 per cent is made up of a Government backed equity home loan, which is interest and repayment free for the first five years.

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IDEAL HOME SHOW AT CHRISTMAS
EARLS COURT
15 NOVEMBER 2013
Adult & Senior Citizen £34 & Child £20

The Ideal Home Show Christmas is based on the same format as the London shows but with a 'Christmas twist' incorporating more gadgets, shopping and gifts in time for the busiest retail period of the year as well as featuring themed room sets offering style and advice on how to dress a home for the Christmas season. More than 400 exhibitors are expected to showcase their latest products.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 860800

Park Road, Bognor Regis, West Sussex, PO21 2PX

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I'LL BE BACK BEFORE MIDNIGHT
WITH 2 COURSE LUNCH
THE MILL, SONNING
5 OCTOBER 2013
£63 per person

We arrive at The Mill, Sonning for our two course lunch served in their restaurant before the matinee performance of
I'll Be Home Before Midnight.
A spine-chilling mystery thriller. Jan and Greg have rented an old farmhouse. If you love a ghost story, you won't want to miss this dark thrilling and twisted production.

The Mill is a converted 18th century flour mill located on an island in the River Thames at Sonning Eye.

Pick ups in Chichester, Bognor, Littlehampton, Rustington, Goring and Worthing

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ALDWICK **£675,000**

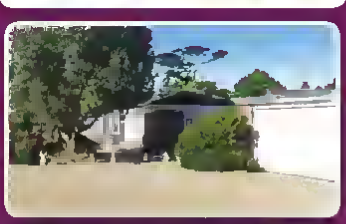
Spacious & interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house. G.F.H. & solar panels, majority dble glazing, impress ve dual aspect open plan living rm plus sep dining area, sun rm, kit/breakfast area, shower rm, first fl reception rm, first floor kitchenette, master bed with en suite shower rm. 2 further bedrms, bathrm, dble garage and good sized gdns with access to a small copse which is collectively owned by the residents. EPC RATING E. Further 3 bedroom adjoining flat/annexe now available EPC RATING D

ALDWICK BAY ESTATE **£785,000**

An extended and refurbished detached house situated on a good sized plot approx. 300 yards from the beach. The property has been made the subject of an extensive programme of modernisation. G.F.H., u.P.V.C. d/glazing, lounge, separate dining room, superb newly built kitchen/family room, utility room, study/playroom, master bedroom with refitted en suite shower room, guest bedroom with refitted en suite shower room, two further bedrooms, refitted bathroom, two garages & gardens including a 140 rear. EPC Rating C

CRAIGWELL PRIVATE ESTATE £450,000

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H. u.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/ storage area), bathroom, garage and delightful mature gardens. EPC rating is E



COLTS BAY **£400,000**

A detached bungalow situated in a cul-de-sac of the Colts Bay private estate approx two hundred yards from local shops & five hundred yards from the beach. G.F.H., u.P.V.C. double glazing, a fitted kitchen/breakfast room, a lounge, a dining room, a master bedroom with en suite bathroom, a second bedroom, a second bathroom, a detached double garage and a South West facing rear garden. EPC RATING D

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING C

PAGHAM **£219,000**

A well presented two bedroom semi-detached bungalow situated in a cul-de-sac approximately 400 yards from shops and the beach. Bus services to Chichester and Bognor Regis are available around 100 yards away. The current owners have modernised and refurbished the property in recent years and the specification now includes, gas fired heating, dble glazing, u.P.V.C. fascias & soffits, living room with patio doors overlooking the delightful rear garden, refitted kitchen, bathroom, parking & rear garden. EPC RATING D

ALDWICK **£157,500**

A three bedroom maisonette situated in an excellent residential location within 300 yards of the beach. The property has g.f.h., dble glazing, dual aspect lounge, kitchen/dining room, first floor bedroom, a second floor bedroom with access to a balcony, a further second floor bedroom with separate w.c. EPC Rating E

How to cut costs on your home office

DO YOU work from home? If so, it would be reasonable to assume that you have your own personal reason for wanting to do so. For instance, a single parent may find that the only way he or she can juggle both work and childcare is by working at home, whilst the owner of a small business may simply be unable to afford a leased office for the time being.

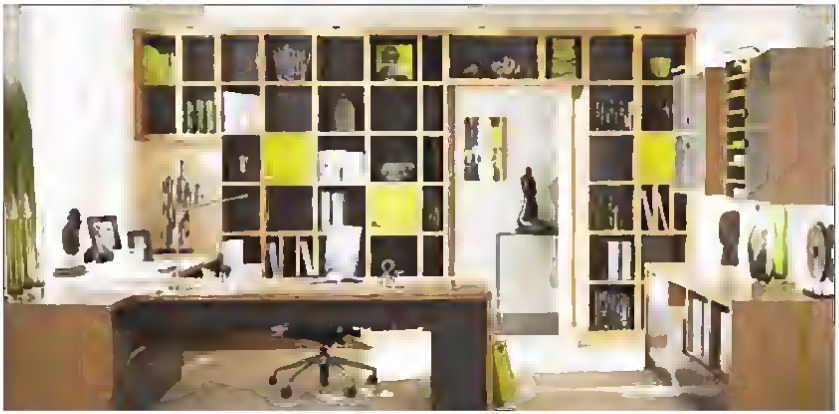
Whatever your own reason, there is something that each and every home office worker has in common – the striving to cut costs wherever possible.

Of course, you don't want to cut costs so much that you start to cut corners; any home business should be professional as well as economical, especially if clients ever visit.

If you're currently working from home and looking to switch things up a bit or if you are planning on setting up your own home office and are looking to do so for as cheaply as possible, here are a few hints and tips that may benefit you.

Honestly, this may seem obvious but it is far and away the best advice we can give – keep it nice and simple. Don't go out and blow your budget on luxury furniture and mostly useless gadgets – it's a waste of your hard-earned money.

Instead, keep things simple. Buy only what you need, with one or two personal touches thrown in here and there to stop it looking too bare-bones. If you work at the computer, a good office chair would make a wise investment.



It doesn't matter whether clients are visiting the home office or not – brand names are a luxury, not a necessity, and as such you don't need them. The only differences between a brand and a no-name product are a logo and the price.

You will be able to find many products which fulfil the same purposes as brand name goods at a fraction of the price. Sometimes they might not look quite as shiny and new, but aesthetics aren't everything. If you really must have the branded goods, consider looking for second-hand stuff.

Join the legions of people being friendly toward both the environment and their wallets and go green. Although you probably don't have the budget to afford a professionally installed eco office (but click here if you do), you should be able to do it yourself to a respectably high standard.

So what can you do to make your home office nice and green? Here are some examples: energy efficient light bulbs, recycled papers and responsibly sourced items are all good to have. You can also make sure you do your bit and recycling all of your own papers and goods, whilst making sure you reuse things as much as possible. It doesn't have to be difficult, and it can quickly save on your expenses.

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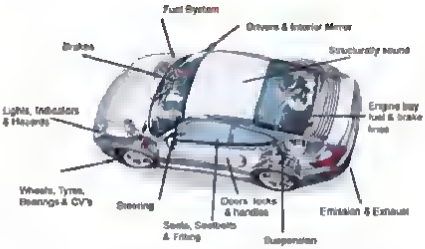
MOT crucial for service skippers



MORE THAN one in three motorists (39%) on our roads are thinking of skipping their next service, according to research from Kwik Fit. This means that for nearly 13 million motorists, the MOT test could be the only time their vehicle undergoes any kind of safety inspection.

Worryingly, one in ten (10%) UK motorists confessed they 'never' check their tyres and nearly one in seven (15%) admit they are currently experiencing a problem with their brakes but are not actively looking to repair it.

The findings reinforce the importance of the MOT test for road safety throughout the UK, especially in the month of September – the month which sees the highest number of MOTs than any other. September 2010 accounted for a sixth (17%) of the year's new car sales, and these 335,246 cars will need their very first MOT before the end of the month.

Roger Griggs, director of communications at Kwik Fit, commented: "It is very concerning to find that so many motorists are thinking of skipping their next service – especially considering the number of drivers who don't make their own checks on their car. Tyres, brakes and lights are all crucial to road safety, so it is vitally important that they are regularly checked, and not just left until the MOT is due."

Drivers in the South West are the most likely to skip their next service, where a staggering 45% admit they will do. This is double that of motorists in Scotland, where 22% say they will skip their next service – the lowest in the UK.

Drivers who admit they will skip their service by region

Position Region % Who admit they will skip next service
1. South West 45%
2. North West 44%
3. London 43%
4 East of England 42%
5 East Midlands 41%
6 Wales 40%
7. South East 36%
8 Yorkshire & Humberside 36%
9 North East 36%
10. West Midlands 34%
11. Scotland 22%

September MOTs

Kwik Fit's analysis showed that of the cars sold in September 2010, which makes them '60 plates', the brand that will see the most needing an MOT this month is Ford. Ford accounted for 14% of the total car sales in that month, followed by Vauxhall at 13% and Volkswagen at 7%. Indeed, the top ten that month accounted for 67% of all car sales.

Manufacturer
Total number sold in September 2010
Percentage of total car sales in September, and therefore those needing MOTs this month
Ford 46380 14%
Vauxhall 42235 13%
Volkswagen 24701 7%
BMW 18073 6%
Peugeot 18309 5%
Audi 15889 5%
Nissan 15767 5%
Toyota 14636 4%
Mercedes Benz 14426 4%
Renault 14225 4%
Total sales of top 10 225250 67%
Total sales of all cars 335246

Roger Griggs said: "We see more MOTs booked in September than any other month. This is because September is traditionally the busiest in terms of new car registrations. We'd encourage all motorists to check their vehicle regularly, whether brand new and from the 'top 10' or not – both for their safety and because failing to do so can result in a £1,000 fine. We also wanted to remind motorists that cars can get a new MOT one month before the old one expires and with over 000 service centres throughout the UK, Kwik Fit is never too far away to help."

Kwik Fit MoT centres are approved by the Government appointed Vehicle Operator Services Agency (VOSA) and all MoT tests are completed by MoT testers nominated by VOSA. To find your closest centre, visit kwik-fit.com.

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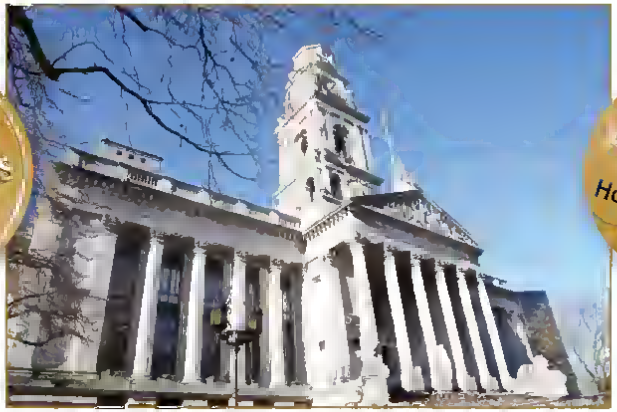

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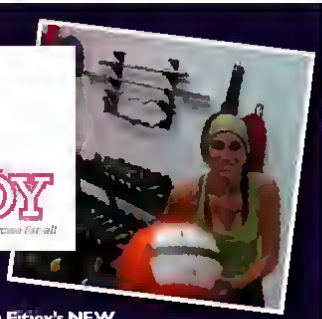

- **ADULT STREET DANCE MONDAY 8.15-9PM CENTRAL PRIMARY SCHOOL £4 per Class**

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Football

A 'Price-less' victory for Chi

Saturday 14 September 2013
Sussex County League Division One
Chichester City 1 0 Pagham

By Chester Browton

CHICHESTER produced an excellent all-round team performance to overcome Pagham and record their first victory of the season.

Pagham had eight former City players on duty, including three from the side that won the league title ten years ago. But the Lions were without their boss John Price who was away on holiday.

In a rough and tumble contest, Chichester seized the initiative after only eight minutes when Josh Case broke through on the right and fired the ball past James Binfield for his fifth goal of the season.

It was almost 2-0 a few minutes later when two City players went for the same ball and Binfield was forced to save.

The pace was terrific throughout the first half in what was becoming an increasingly physical battle. Five players were eventually booked, with several others getting off lightly as the referee tried to calm things down.

Home supporters braced themselves for a Pagham onslaught after the interval, but it never really materialised. James Temple – back in the Lions' team after playing beach soccer for England during the summer – was supplied with two decent chances but he lacked his usual sharpness.

The Pagham players shouted for a penalty on 65 minutes, claiming the ball had hit Corey Heath's arm whilst chesting away, but the referee ignored the appeals.

"It was a great result," said City joint-boss Sean Forry afterwards. "We had strengthened our squad with two signings and had a couple more returning from absence but, on the whole, the only difference between Saturday and several of our previous games was a bit of belief.

"I thought we played well in the first half and deserved our lead," added Forry. "Pagham, however, are full of gifted players and their three lads up front would worry any defence so the message to the players at half-time was that we had to improve our passing, keep hold of the ball and play in their half as much as possible.

And regarding the months ahead, Forry said: "My view has not changed from the start of the season. I expect a much more comfortable ride in the league than last year.

"We have the ability, have added some experience and if we keep improving as we maintain our levels of commitment and belief, then let's see. Maybe we will surprise a few people."

City: Ender, Heath, Madden, Bonifacce, Hibbert, Case, Croom, Cody, Cromett, Blatchford, F Smith. Subs: Forry, Ansa, van Driel.

Pagham: Binfield, N Murfin, Cox, Pearce, Geoghegan, Bradshaw, Briggs, Cutler, Neighbour, S Murfin, Temple. Subs: Williams, Ford, Hardwell.

Q Hair man-of-the-match for Chichester – Peter Hibbert.

Straight from the commentary box

Albion means everything to him

Johnny Cantor

"WE ARE Brighton and we are relishing the challenge." The words of former left-back and current Seagulls coach Nathan Jones.

It was a perfect, succinct synopsis of how the squad were feeling ahead of the trip to moneybags QPR. As we played out the audio ahead of kick off a wry smile came across the face of my summariser Warren Aspinall. "It seems it is running through his veins at the moment. A Welshman who supports Spurs but Albion means everything to him."

The battling performance on the night, going toe to toe with Harry Redknapp's charges, reflected Jones's comments with a stroke. One fan, Barry or Pete forgive me (you were both terrific) said after the game that Albion had more steel in the midfield this season. Forster-Caskey gave Joey Barton a taste of his own medicine while Andrew Crofts was ready, as ever, for a battle.

After a summer of disruption and change, you feel the Albion collective is back together under the rule of people like Jones and on the pitch Keith Andrews. That might provide a crucial ingredient in the push for promotion. The antics of Ashley Barnes behind the TV cameras at training was another example of how happy some of the players are at the moment. However, for the sake of younger readers that story is best left untold!

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